What is claimed is:

1. A method of relieving computer-related stress, comprising the steps of:

connecting a stress relief device to a computer component, the stress relief device comprising a support and a contact element connected to the support; and

striking or squeezing the contact element to relieve stress.

2. The method of claim 1, wherein the connecting step includes removably mounting the support to a computer monitor such that the contact element is spaced from the monitor.

3. The method of claim 2, wherein the contact element is punching bag-shaped and the method includes striking the contact element.

4. The method of claim 3, wherein the contact element includes a sound-producing device and the method includes striking the contact element such that the sound producing device emits a sound.

5. The method of claim 4, wherein the sound-producing device includes a memory unit and an impact-sensitive switch and the method includes:

recording a selected sound on the memory unit; and

striking the contact element such that the sound-producing device emits the selected sound.

6. A method of relieving stress, comprising the steps of:

mounting a stress relief device at an operator station, the stress relief device comprising a support and a contact element movably mounted on the support; and

contacting the contact element to relieve stress.

7. The method of claim 6, wherein the mounting step includes removably mounting the stress relief device on or adjacent a computer monitor at the operator station.

8. The method of claim 6, wherein the mounting step includes attaching the stress relief device to a computer monitor at the operator station such that the contact element is spaced from the monitor and freely movable.

9. The method of claim 6, wherein the contacting step includes striking the contact element one or more times to relieve stress.

10. The method of claim 6, wherein the contact element is punching bag-shaped and the method includes:

attaching the support to a computer monitor at the operator station such that the contact element is spaced from the monitor; and

striking the contact element to relieve or reduce stress.

11. An interactive computer-related stress relief device configured to be mounted on a computer component, the device comprising:

a support connectable with the computer component; and

a contact element connected to the support.

12. The device of claim 11, wherein the support is substantially rigid.

13. The device of claim 11, wherein the support includes a connector configured to releasably engage an engagement element on the computer component.

14. The device of claim 11, wherein the contact element is movably mounted on the support.

15. The device of claim 11, wherein the contact element includes a sound-producing device.

16. The device of claim 11, wherein the contact element is punching bag-shaped.

17. The device of claim 11, wherein the support is an elongated, rigid member having at least one connector configured to releasably engage at least one

engagement element on the computer component, wherein the contact element is punching bag-shaped and is movably connected to the support at a position spaced from the connector, and wherein the contact element includes a sound-producing device.

18. The device of claim 11, wherein the contact element includes display indicia.

19. A computer-related stress relief device configured to be mounted on a computer component, the device comprising:

a support having a connector that is releasably engageable with the computer component; and

a punching bag-shaped contact element movably mounted on the support and spaced from the connector, the contact element including a sound-producing device and display indicia.

20. A computer system, comprising:

a computer component having an engagement element;

a support having a first end and a second end, with a connector located at or near the first end and releasably connectable with the engagement element on the computer component; and

a punching bag-shaped contact element movably connected to the support at or near the second end.

21. The system of claim 20, wherein the contact element includes a sound-producing device such that when the bag is struck, a sound is produced.